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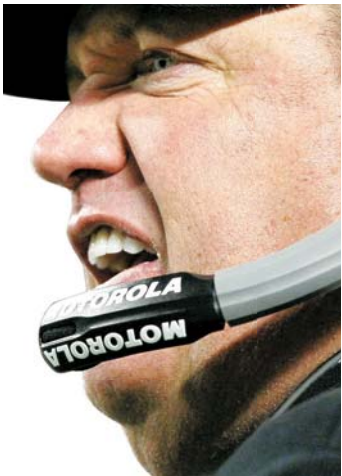
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Tuesday



'IT'S PERSONAL'
Jets' Ryan throws verbal jabs toward Belichick's Patriots **15**

MYSTERIOUS DEATH
Lobbyist is found dead in her burning SUV on Capitol Hill **11**

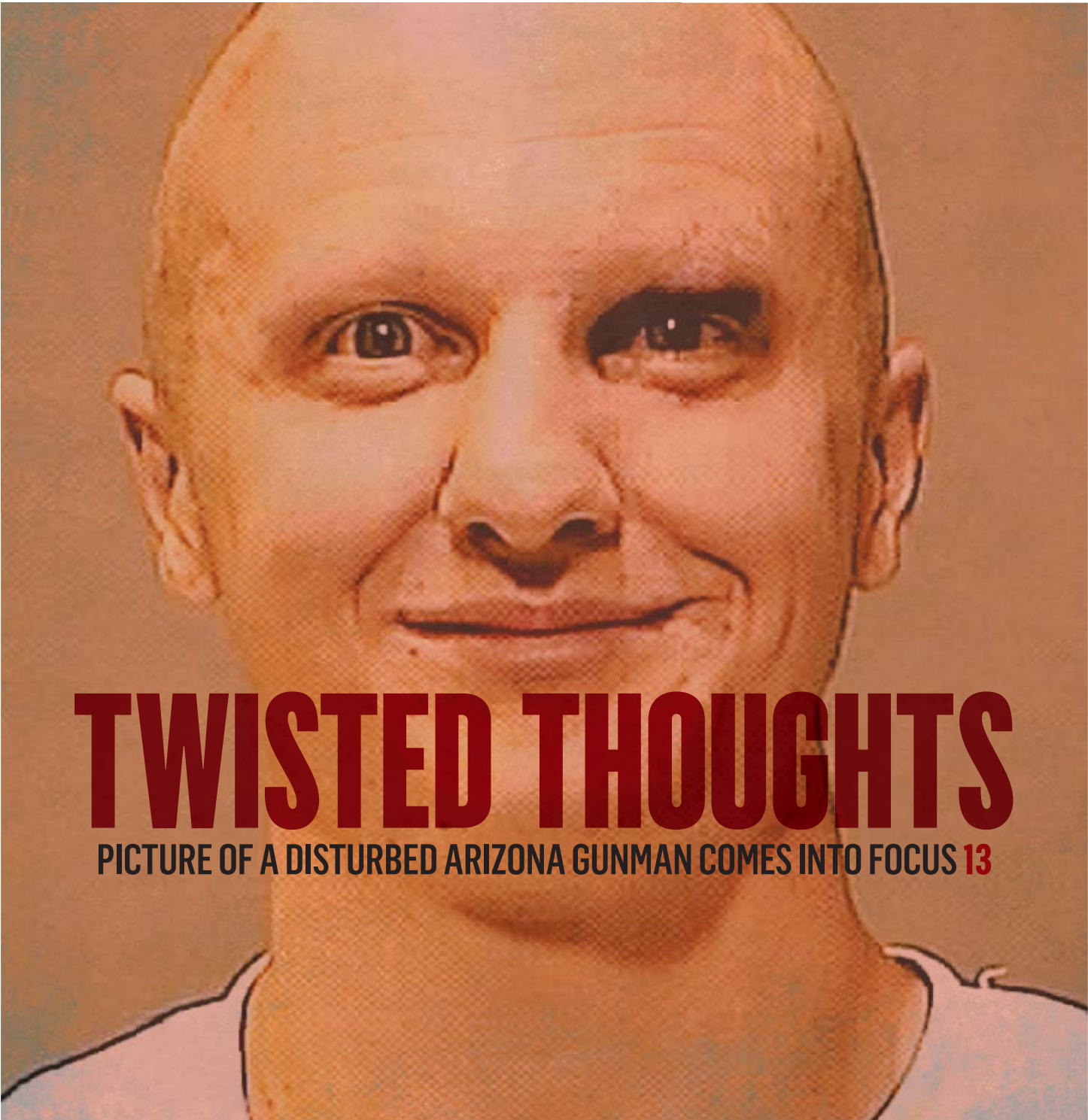


'THE HAMMER' GETS TIME
Ex-GOP leader Tom DeLay is sentenced to three years in prison **6**

am 32 | 25 pm

FOR EXTENDED FORECAST, SEE PAGE 37

JANUARY 11, 2011 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



TWISTED THOUGHTS

PICTURE OF A DISTURBED ARIZONA GUNMAN COMES INTO FOCUS 13



eye openers

Police Unimpressed by Innovative New Currency

South Charleston, W.Va., state police say they pulled over a man who told them he used methamphetamine to pay for the car he was driving. Jerry Wayne Means said he gave a woman two grams of meth for the car. Means was pulled over on U.S. 119 on Saturday night in a vehicle that had been reported stolen. He was charged with possession of a stolen vehicle, delivery of a controlled substance and other counts. (AP)

“Considering there are 23 million people in Australia ... we ought to be nervous. I think that record’s going down.”

— JEFF BLEICH, U.S. AMBASSADOR TO AUSTRALIA, COMFORTS THE NATION AFTER IT FAILED TO SET A NEW RECORD FOR THE MOST ELVIS IMPERSONATORS IN ONE PLACE.


Tip: Buy Real Estate From Forgetful, Paranoid Pirates

A Wenatchee, Wash., man was working on his furnace when he noticed a small box taped in the casing. Inside he found 50 silver ingots and a silver coin worth almost \$15,000. Rick Acosta told police about the treasure. They tracked down the previous owner of the house, who moved out six years ago. He had ownership papers with serial numbers, so the box of silver was turned over to him. Acosta was given a reward. (AP)

The Big Picture



PASSENGERS WENT BOTTOMS-FREE on Sunday for New York’s “No Pants Subway Ride.” The yearly prank, organized by Improv Everywhere, was launched in 2002. Brave souls in other cities, including D.C., shed their britches for Sunday subway excursions as well. (EXPRESS)



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In Brief

NEW YORK

Portuguese Model Faces Charge in N.Y.C. Slaying

A Portuguese model was being held on charges of second-degree murder in the slaying of a celebrity Portuguese journalist found castrated and bludgeoned to death in a New York City hotel, police said Monday. Renato Seabra, 21, has been hospitalized since hours after the slaying Friday and was arrested in the death of Carlos Castro, 65. (AP)

DETROIT

Ford Planning to Hire 7K Over the Next Two Years

Ford Motor Co. said Monday it will add more than 7,000 workers in the U.S. over the next two years, including 750 engineers. The company plans to hire 4,000 manufacturing workers this year and add at least 2,500 new jobs in 2012. (AP)

LAS VEGAS

Report: Cheerleader Slain After Argument

The former boyfriend of a missing Las Vegas burlesque dancer told police that he choked her, chopped her into pieces and covered her with cement, according to an arrest report released Monday. Jason Griffith, 32, said he killed Deborah Flores-Narvaez, 31, a former Washington Redskins cheerleader, after an argument on Dec. 12. He was arrested Friday after police found the body. (AP)

Study Links Close Births, Autism

How quickly parents conceive may up the risks for child No. 2

Chicago

Close birth spacing may put a second-born child at higher risk for autism, suggests a preliminary study based on more than a half-million California children.

Children born less than two years after their siblings were considerably more likely to have an autism diagnosis compared to those born after at least three years.

The sooner the second child was conceived the greater the likelihood of that child later being diagnosed with autism. The effect was found for parents of all ages, decreasing the chance that older parents contributed to the higher risk.

"That was pretty shocking to us, to be honest," said senior author Peter Bearman of Columbia University in New York.

"No matter what we did, whether we were looking at autism severity, looking at age, or looking at all the various dimensions we could



Closely spaced births, where kids are within two years apart, are rising in the U.S.

1 in 100

The number of American children found to have autism disorders, including milder forms, according to U.S. government studies. (AP)

think of, we couldn't get rid of this finding," Bearman said. Still, he said, further studies are needed.

Closely spaced births are

increasing in the U.S. because delayed childbirths and unplanned pregnancies. Government data show the number of closely spaced births — where babies are less than two years apart — is rising, from 11 percent of all births in 1995 to 18 percent in 2002.

The study appeared Monday in the journal *Pediatrics*.

Reasons behind the birth spacing-autism link aren't clear. It could

About the Study

Researchers looked at California births from 1992 through 2002 and analyzed data on second children whose older siblings didn't have autism and were born to the same parents. Of the 662,730 second-born children in the analysis, 3,137 had an autism diagnosis. Of the 156,034 kids conceived less than a year after the birth of their older siblings, 1,188 had an autism diagnosis—a higher rate, but still less than 1 percent. (AP)

be that parents are more likely to notice problems when siblings are very close in age, Bearman said.

Or biological factors could be at play, he said. Pregnancy depletes a mother's nutrients like folate, a B vitamin found in leafy green vegetables and dried beans. Research has tied close birth spacing to low birth weights and prematurity, possibly because of lack of folate.

Dr. Diane Ashton, March of Dimes' deputy medical director, said the study was interesting. The organization suggests at least a year between pregnancies. (AP)



Shoo, Flu, Don't Bother Us: Flu season's arrived in the South and New York City, and it's sure to spread to the rest of the country. The good news: Doctors say there's still plenty of vaccine for procrastinators. January and February typically are the worst flu months, and it can drag into March. The CDC recommends vaccine for most everyone except infants younger than 6 months and people with severe allergies to the eggs used to brew it. (AP)

Winter Allergies?

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Nation

Judge: 3 Years for DeLay

Ex-GOP leader faced life in prison for role in election scheme

Austin, Texas

A judge ordered former U.S. House majority leader Tom DeLay to serve three years in prison Monday for his role in a scheme to illegally funnel corporate money to Texas candidates in 2002.

The sentence comes after a jury in November convicted DeLay on charges of money laundering and conspiracy to commit money laundering.

The Republican who represented the Houston area was once one of the most powerful people in U.S. politics, ascending to the No. 2 job in the House of Representatives.

During a several-minute statement to the judge prior to sentencing, DeLay repeated his longstanding claims that the prosecution was politically motivated and that he never intended to break the law.

Senior Judge Pat Priest sen-



Ex-GOP House majority leader Tom DeLay arrives at his sentencing on Monday.

"I can't be remorseful for something I don't think I did."

— TOM DELAY, SPEAKING IN COURT MONDAY BEFORE HIS SENTENCING FOR MONEY LAUNDERING CONVICTIONS IN A SCHEME TO FUND GOP CANDIDATES.

tenced him to the three-year term on the conspiracy charge. He also sentenced him to five years in prison on the money laundering charge

but allowed DeLay to accept 10 years of probation instead. DeLay had faced up to life in prison.

DeLay was taken into custody, but Priest granted a request that he be released on a \$10,000 bond, pending appeal. Prosecutors said DeLay could be free for months or even years as his appeal winds through the Texas court system.

Priest issued his ruling after a Monday hearing in which former U.S. House Speaker Dennis Hastert testified on DeLay's behalf. (AP)



Volt, Explorer Lauded: The Chevrolet Volt on Monday was named the 2011 North American Car of the Year at the Detroit auto show, and the Ford Explorer received the truck of the year honors. Forty-nine auto journalists from the U.S. and Canada made the picks, which were announced on the first day of media previews for the auto show. The vehicles are judged on innovation, design, safety, handling, driver satisfaction and value. (AP)

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Petraeus: Afghans Holding Firm

Tribe's recent pledge to defy Taliban shows military's progress

Lashkar Gah, Afghanistan

NATO's top commander in Afghanistan said Monday that a recent pledge by a southern Afghan tribe to stand up to the Taliban shows the military push in the country's most violent region is making headway and stifling the insurgents' "central nervous system."

U.S. Gen. David Petraeus told The Associated Press in the southern city of Lashkar Gah that a shift in thinking by the Afghan government and NATO means that the tribe's risky move is being

embraced rather than ignored. And that brings the hope that others may follow suit, he said.

Petraeus spoke with the AP during a visit to the capital of Helmand province, where he discussed last week's tribal pledge with provincial Gov. Gulab Mangal. He told the AP that the Taliban is losing sway in volatile Helmand and Kandahar provinces in the south.

Petraeus said there is increasing dissension among the fighting ranks of the insurgency and that fighters are bristling at being ordered to battle through the winter by bosses sitting far away in Pakistan. Meanwhile, targeted strikes on midlevel leaders in Afghanistan have fractured the hierarchy, Petraeus said.



Meanwhile ...

Vice President Biden made a surprise visit to Kabul, Afghanistan, Monday to meet with President Hamid Karzai and assess progress toward a key objective of handing over security from foreign to Afghan forces. The U.S. plans to begin withdrawing combat forces from Afghanistan in July but remains concerned that gains made in the nearly decade-long war could be reversible. (AP)

"The sheer losses that they've sustained are tremendous. That in and of itself is very significant and it's caused enormous stress on the central nervous system of the command," he said.

Meanwhile, the head of the office charged with investigating corruption in the multibillion-dollar

effort to rebuild Afghanistan has resigned, the White House said Monday, following congressional demands that the White House replace him. Arnold Fields, a retired Marine Corps major general, was named special inspector general for Afghanistan reconstruction in 2008. (AP/THE WASHINGTON POST)

Team to Urge The Removal of Haiti Candidate

Port-Au-Prince, Haiti

An international monitoring team will recommend that Haiti's government-backed candidate be eliminated from a presidential runoff election in favor of a popular musician who finished a close third in the contested official results, according to a copy of its report obtained Monday by The Associated Press.

The report by a team from the Organization of American States team was to be presented on Monday to President Rene Preval.

Haitian electoral officials must make the final decision on what to do, but the team's recommendations could weigh heavily. Three candidates believe they should advance to a second-round vote. (AP)

China, U.S. Officials Meet to Mend Frayed Relations



MEMBERS OF THE CHINESE NAVY GUARD stand during a welcoming ceremony Monday for U.S. Secretary of Defense Robert Gates in Beijing, China. The U.S. and Chinese defense chiefs took a step toward mending frayed relations between their powerful militaries, though China warned ties could be cut again if Washington does not heed Beijing's wishes.



Doggone It: A Swiss village has found a drastic way to compel dog holders to pay annual pet taxes: Pay up, or the dog gets it. Reconvilier — population 2,245 humans, 280 dogs — plans to put fidos on notice if their owners don't pay the \$50 tax. Official Pierre-Alain Nemitz says the move is to help reclaim hundreds of thousands of dollars in unpaid taxes and that a law from 1904 allows the village to kill dogs if their owners don't pay the charge. (AP)

In Brief

JUBA, SUDAN

Violence Erupts in Sudan Amid Independence Vote

Violence in the disputed region of Abyei has killed at least 30 people along Sudan's north-south divide, officials said Monday. Observers fear the latest unrest could spark more fighting amid an otherwise peaceful and jubilant independence referendum in the south. Voters flooded polling stations for a second day on Monday. (AP)

LONDON

Filmmaker Peter Yates, 'Bullitt' Director, Dies

British filmmaker Peter Yates, who sent Steve McQueen screeching through the streets of San Francisco in a Ford Mustang in "Bullitt," has died at the age of 81. A statement from Yates' agent said he died Sunday in London after an illness. (AP)

BRISBANE, AUSTRALIA

Death Toll From Flooding Rises to 8 in Australia

At least eight people were killed and 72 were missing after the latest downpour to hit Australia's flood-wracked Queensland state sent raging torrents rushing through several towns, washing away cars and houses. Scores of emergency calls were made as the flood swamped Toowoomba, a city of about 90,000 in Queensland state. (AP)

LISBON, PORTUGAL

Pressure on Portugal Rises Amid Debt Fears

Borrowing rates for Portugal briefly spiked Monday after reports over the weekend that Germany and France are pushing it to accept outside help to keep the debt crisis in Europe from spreading. The yield on Portuguese 10-year bonds, a key gauge of investor sentiment, rose to 7.18 percent at one point, its highest since the adoption of the euro and a potentially unsustainable level, before falling back to 6.94 percent. (AP)

World

Attorney: 'My Life Hung by a Thread'

Chinese lawyer who spoke of abuse now missing for 8 months

Beijing

The police stripped Gao Zhisheng bare and pummeled him with handguns in holsters. For two days and nights, they took turns beating him and did things he refused to describe. When all three officers tired, they bound his arms and legs with plastic bags and threw him to the floor until they caught their breath to resume the abuse.

"For 48 hours my life hung by a thread," the civil rights lawyer said, his normally commanding voice quavering.

The beatings were the worst he said he ever endured and the dark-

"That degree of cruelty, there's no way to recount it."

— GAO ZHISHENG, A CIVIL RIGHTS LAWYER IN CHINA, RECOUNTING IN MARCH HIS KIDNAPPING AND BEATINGS BY POLICE.

est point of 14 months, ending last March, during which Gao was secretly held by Chinese authorities. He described his ordeal to The Associated Press that April, but asked that his account not be made public unless he went missing again or made it to "someplace safe" like the U.S. or Europe.

Two weeks later, he disappeared again. His family and friends say

Backstory



Gao Zhisheng had been a galvanizing figure for the rights movement, advocating constitutional reform and arguing landmark cases to defend property rights and political and religious dissenters, including members of the Falun Gong spiritual movement. His disappearance in 2009 set off an international outcry that may have played a role in winning his brief release last year. (AP)

they have not heard from him in the more than eight months since. Police agencies either declined to comment or said they did not know Gao's whereabouts. The AP decided to publish his account given the length of his current disappearance. Among democracy and rights campaigners, Gao appears to have been singled out for frequent, harsh punishment beyond the slim protections of China's laws.

"It seems to be that they are afraid of Gao in a way they aren't of others," Maran Turner, the executive director of Freedom Now, a Washington-based group that advocates for political prisoners, Gao among them.

Gao's wife, brother and friends fear for his safety. They hope publicizing his story will place renewed pressure on the government to disclose Gao's whereabouts. (AP)

Panda Diplomacy

China's Vice Premier Li Keqiang kicked off talks with Deputy Prime Minister Nick Clegg on Monday, charming Britain with trade deals and a 10-year loan of two giant pandas to the Edinburgh Zoo in Scotland. Yangguang and Tian Tian — "Sunshine" and "Sweetie" — are expected to

arrive in the coming year from China's Wulong Panda Research Institute and will be the U.K.'s first giant pandas in 17 years. (AP)



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Are We Really Safe?

Q So, the Metro police have plenty of resources to harass their ridership with bag searches, but they don't have the resources to protect people who are being assaulted in stations or have the cars broken into in Metro parking lots? It seems to me that there are plenty of real crimes happening right now that they could be focusing on instead of imaginary ones.

Planning security strategy based on what government grants are available really bothers me. Why do we now have the police checking riders bags? Because Metro got homeland security money to pay for that. Why don't we have enough transit police officers to cover the 86 station rail system and the buses? Because Metro doesn't have the money to hire enough officers.

Q Lately Metro fare gates are out of whack. A lot of them don't seem to accept Smart Trip cards. What's going on?

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I'm wondering if you might be experiencing the problem that began in the summer as Metro was upgrading the fare gate software to handle more complicated SmartTrip transactions (like passes). The fare gates respond more slowly now when you tap your card. When I'm standing in line, I notice that some people move their cards around, like they're trying to find the right spot. I think that's not helping. It might be slowing down the little computer brain even further. Just hold the card down on the target and wait for the gate.

Q In December, WMATA put a notice on their webpage saying service to some bus lines would be increased. The notice stated that WMATA is paying for this by reducing service to other bus lines. However, no details about which bus lines were going to have service reduced were provided. Two questions: Which bus lines saw a reduction in service? Why does WMATA think that secrecy will get it goodwill from fare-payers and taxpayers?

I agree that Metro focused on highlighting the improvements — the extra service and streamlining of service on some popular routes, such as the J buses between Silver Spring and Bethesda — but didn't explain the cuts very well. Chris Zimmerman, the Metro board member from Arlington at the time, said he couldn't vote for the resolution because he didn't know enough about the cuts. Cutting service and adding service is normal at Metro.

METRO PULSE

What's the worst behavior you've ever witnessed on Metro?



"I've seen people harassing older people and the handicapped. They threw paper and made fun of them, saying strange things. That's city life, I guess."

Brea Sanders, WATERFRONT-SEU

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Local

Lobbyist Dies in Car Fire

Ex-Hill chief of staff, wife of Obama aide, found in home garage

Washington

The wife of a key White House aide was found dead early Monday in a sport-utility vehicle that was heavily damaged by fire in the garage of the couple's Capitol Hill home, sources familiar with the incident said. The cause of her death is uncertain.

Ashley W. Turton, 37, an energy company lobbyist and former chief of staff to U.S. Rep. Rosa DeLauro, D-Conn., was found dead shortly before 5 a.m. in a burning BMW, the back end of which was partly out of the garage, as if the vehicle had been entering or leaving when the fire started, authorities said.

Authorities said her death appears to have resulted from a low-speed crash, an unknown medical condition, the fire, or some combination of the three.

"We have no evidence of any obvious malfeasance in her death at this time," said Capt. Michael Farish, of the D.C. police homicide unit.



D.C. police investigate the SUV found in the garage at 800 A St. SE Monday morning.

The department's major crash unit is handling most of the investigation for the police department.

Turton was the wife of Daniel A. Turton, 43, the White House's deputy director of legislative affairs for the U.S. House. As such, he is President Obama's point man on legislation moving through the House.

He and Ashley Turton, who have three children, were a Washington power couple well known in Democratic circles. She was a lobbyist for North Carolina-based Progress

Energy, which announced a merger Monday with Duke Energy.

"Ashley was a valued employee whose insight and hard work had been critical on so many of our legislative and regulatory issues," said Bill Johnson, president and chief executive of the company.

Pete Piring, a D.C. fire department spokesman said the cause of the fire and the woman's death are under investigation by D.C. police, the medical examiner's office and fire department investigators. (THE WASHINGTON POST)

Study Ranks D.C. as America's Most Literate City

Washington

D.C. residents rank as the nation's most well-read, according to the America's Most Literate Cities study. But the news is not all good.

The decline in newspaper readership and book purchasing are major cause for concern, said the author of the report, Central Con-

Read Up

The literacy list from Central Connecticut State University in full:

- | | |
|---------------|-----------------|
| 1 D.C. | 6 San Francisco |
| 2 Seattle | 7 St. Paul |
| 3 Minneapolis | 8 Denver |
| 4 Atlanta | 9 Portland |
| 5 Pittsburgh | 10 St. Louis |

necticut State University President Jack Miller.

The study, which ranks the largest cities with population 250,000 and above, focuses on six key indicators of literacy: newspaper circulation, number of bookstores, library resources, periodical publishing resources, educational attainment and Internet resources. (TWP)

The Lotteries

Monday, Jan. 10

District

Mid-day Lucky Numbers	4-8-0
Evening Lucky Numbers (Sun.)	9-5-7
Mid-day DC 4	8-2-6-5
Evening DC 4 (Sun.)	9-3-4-5
Mid-day D.C. Five	5-8-7-8-1
Evening D.C. Five (Sun.)	1-7-2-1-7

Virginia

Mid-day Pick 3	4-8-5
Evening Pick 3 (Sun.)	9-8-7
Mid-day Pick 4	2-0-4-3
Evening Pick 4 (Sun.)	5-0-5-3
Mid-day Cash 5 (Sun.)	14-16-21-25-27
Evening Cash 5 (Sun.)	1-17-28-31-33

Maryland

Mid-day Pick 3	9-6-2
Evening Pick 3 (Sun.)	9-8-9
Mid-day Pick 4	5-1-3-9
Evening Pick 4 (Sun.)	4-4-0-3
Match 5 (Sun.)	5-9-10-20-24 (22)

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express



In Ariz., Drama in Court

After the nation's moment of silence, accused assassin is held without bond

Phoenix

The nation got its first look on Monday at the 22-year-old loner accused of trying to assassinate Rep. Gabrielle Giffords. Jared Loughner, head shaved, a cut above the right temple and his hands cuffed, scanned a packed courtroom and sat down.

His attorney, Judy Clarke, who defended "Unabomber" Ted Kaczynski, whispered to him.

The judge asked Loughner if he understood that he could get life in prison — or the death penalty — for killing federal Judge John Roll, one of the six who died in the shooting rampage at Giffords' meeting with constituents on Saturday in Tucson.

"Yes," he said, standing at a lectern in his beige prison jumpsuit. His attorney stood nearby, as did a U.S. marshal.

The judge ordered Loughner held without bail.

Thronges of reporters and television news crews lined up outside the federal courthouse, where the hearing was moved from Tucson. The entire federal bench there recused itself because Roll was the chief judge.

In Washington, President Obama led Americans in observing a moment of silence for victims of the Tucson shooting. A similar vigil was held at the Capitol. The president called for the country to come together in prayer or reflection for those killed and those fighting to recover. "In the coming days we're going to have a lot of time to reflect," he said.



A crowd, including members of Congress, stands in front of the Capitol Monday for a moment of silence dedicated to Rep. Gabrielle Giffords.

"Right now, the main thing we're doing is to offer our thoughts and prayers to those who've been impacted, making sure we're joining together and pulling together as a country."

On the International Space Station, Giffords' brother-in-law, astronaut Scott Kelly, led NASA in a moment of silence as part of the national observance for the victims of the shooting.

Kelly's identical twin brother, Mark Kelly, also an astronaut, is married to Giffords. "As I look out the window, I see a very beautiful planet that seems very inviting and peaceful," Scott Kelly said from the International Space Station. "Unfortunately, it is not."

In Arizona, the state's Federal Public Defender's Office asked a judge to appoint Clarke to represent Loughner,

citing multiple conflicts of interest and "the gravity of the charges."

A friend of Loughner's, Bryce Tierney, told Mother Jones magazine that Loughner had held a years-long grudge against Giffords since he attended a campaign event — possibly in 2007 — and did not get an answer to a question he asked her. Afterward, Loughner repeatedly called Giffords a "fake," Tierney said.

In an interview with the online magazine Slate, one of Loughner's professors at a community college he attended described him as "someone whose brains were scrambled." Kent Slinker, an adjunct philosophy professor at Pima Community College, taught Loughner in Introduction to Logic during the spring semester of 2010. Slinker told Slate, "His thoughts were unrelated to anything in our world."

(AP/THE WASHINGTON POST)

'I Planned Ahead'



Accused assassin

Jared Loughner appeared to have planned the shooting of Arizona Rep. Gabrielle Giffords, according to court documents. In a safe at his parents' home, investigators found an envelope with the words "I planned ahead" and "my assassination" written on it, along with the name "Giffords." Loughner's signature is also believed to be on the envelope, the complaint says.

In the same safe, authorities found a 2007 letter to Loughner from Giffords, using congressional stationery to thank him for attending a "Congress on Your Corner" event in Tucson. Saturday's shooting took place at another such event, where Giffords was meeting constituents outside a supermarket.

"He specifically targeted the congresswoman. We have eyewitness testimony and documents to prove that," Pima County Sheriff Clarence W. Dupnik said on CNN early Monday. "He's a very troubled individual." (TWP)

'Not Out of the Woods Yet'

Doctors treating Arizona Rep. Gabrielle Giffords' brain wound said Monday the congresswoman was responding to verbal commands by raising two fingers of her left hand and even managed to give a thumbs-up. Giffords, 40, is in critical condition at Tucson's University Medical Center after she was shot through the head Saturday during a meet-and-greet with voters outside a supermarket. Two patients were discharged Sunday night. Eight others, including Giffords, remained hospitalized. Recent CAT scans showed no further swelling in the brain, but doctors were guarded. "We're not out of the woods yet," said her neurosurgeon Dr. Michael Lemole. "But every day that goes by and we don't see an increase, we're slightly more optimistic." (AP)



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The Washington Post
If you don't get it, you don't get it.

'It's Personal' for Jets' Ryan

Boisterous coach fires the first salvos before Patriots game

Pro Football

Ding ding ding. Here we go again.

It's Round 3, Jets-Patriots. And, as usual, Rex Ryan got things off to a rip-roarin' start.

"This is about Bill Belichick vs. Rex Ryan," the Jets' brash coach declared Monday. "There's no question. It's personal."

After a 17-16 win over the Colts set up this playoff matchup

"It's about him and myself, and that's what it's going to come down to."

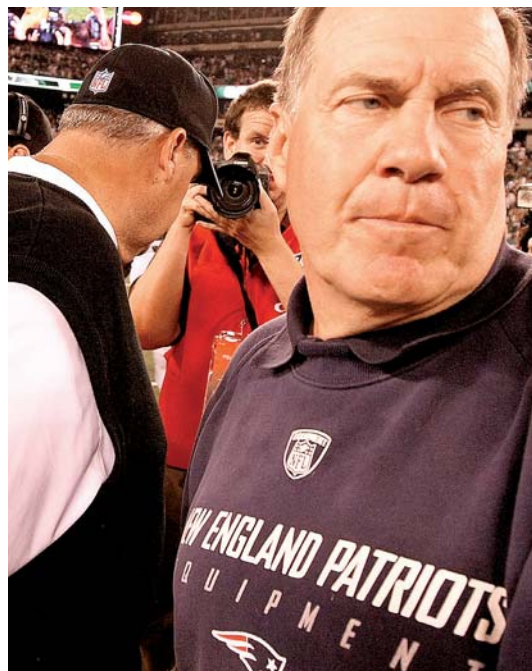
— REX RYAN, REFERRING TO HIS PLAYOFFMATCHUP AGAINST BILL BELICHICK THIS WEEKEND.

between the Jets (12-5) and Patriots (14-2), Ryan is letting everyone know that this time, it's really, really personal.

"I recognize that he's the best and all that," Ryan said of Belichick. "But, I'm just trying to be the best on Sunday, and I plan on being the best coach on Sunday. That's what it is. I recognize that my level has to come up, and he's going to get my best shot. He's going to get everything I have on Sunday, and if he slips at all, we're



Openly, Jets coach Rex Ryan and Patriots coach Bill Belichick have mutual admiration. But it's easy to see that a feud simmers.



Meanwhile ...

When asked Monday what he thought of Tom Brady going to see "Lombardi" on Broadway instead of watching the Jets' game Saturday night, Rex Ryan threw another jab. "Peyton Manning would have been watching our game," he said with a grin. Ryan understands how his comments could be taken as slaps at Brady, but "he took a shot at me by his antics on the field." Antics? Ryan was asked if he meant Brady pointing at the Jets' sideline or looking at them after scoring. "Just Brady being Brady," he said. (AP)

going to beat him."

Now, those are fightin' words. "I might have a little quickness on him," an uncharacteristically playful Belichick said. "He's probably got a little more strength and power on me. So, I don't think you'll see either one of us out there making any blocks or tackles or runs or throws or catches. At least you won't see me doing it."

But Belichick has the victories, and the Super Bowl rings that Ryan craves. Ryan thinks the teams are evenly matched from the players to the assistant coaches, and a regular-season split supports that. But he acknowledges he needs to do "a

ridiculous amount" of preparation to top Belichick after being outcoached by him in their last meeting, a 45-3 rout at New England.

That loss so angered Ryan that he took a game ball and buried it near one of the practice fields.

"We have to play fast and physical," Ryan said. "That doesn't mean we're going to dummy it up. If you dummy it up against them, you'll get crushed."

The way they did just over a month ago. "I told Belichick after the game, 'We'll see you in Round 3,'" Ryan said.

And Belichick's response? "He just looked at me," Ryan said. (AP)

Bad Blood

The Jets and Patriots are two of the original AFL teams, and their very first meeting in 1960 was a good indicator of how this rivalry would take shape.

1960 The Titans—the Jets' previous incarnation—blew a 24-21 lead when punter Rick Sapienza fumbled a snap and Chuck Shonta picked up the ball and ran it in for a touchdown to end the game.



1997

Bill Parcells left the Patriots after a loss in the Super Bowl to become the Jets' coach. Curtis Martin

followed him from Foxborough to the Meadowlands a year later.

1999 Bill Belichick became a "villain" in Jets fans' minds on perhaps the most bizarre day in franchise history, when he was set to replace Parcells after the 1999 season, but bailed out after one day and became the Patriots' coach.

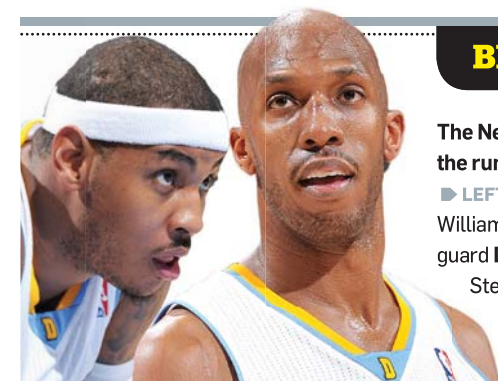
2006 Eric Mangini left Belichick's staff in New England to become coach of the Jets. Postgame handshakes—or the lack of them—between the coaches were always highlights. Spygate also became a headline after New England was penalized for illegal sideline videotaping of the Jets.

2009 Rex Ryan added to it all a few months after he was hired, saying he didn't come to New York "to kiss Bill Belichick's rings." (AP)

Blockbuster in the Making

The Nets are closing in on a deal to bring Carmelo Anthony, far left, to New Jersey. If the rumored three-team trade happens, here's how it would likely take shape:

► **LEFT** New Jersey would get Anthony, **Chauncey Billups**, Richard Hamilton, Shelden Williams and Terrico White, who is injured. ► **RIGHT** Denver would receive point guard **Devin Harris**, power forward **Derrick Favors**, guards **Anthony Morrow**, **Stephen Graham**, **Quinton Ross** and **Ben Uzoh**, and two of the Nets' first-round picks. ► **FAR RIGHT** The Detroit Pistons would end up with **Troy Murphy** (and his \$12 million salary set to expire at the of the year) and center **Johan Petro**. (AP)



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Sports



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Bland Uniforms Sacked

Ducks leads fashion revolution that turns into a recruiting tool

College Football

The latest weapon in the recruiting game can be found in the closet.

Detractors may dismiss the wide array of Oregon uniforms and the burnt-orange helmets Virginia Tech broke out for the Orange Bowl as marketing gimmicks designed to wring money out of loyal fans. But multiple jerseys, along with the gloves, helmets and cleats that go along with them, are mighty enticing to players.

"Being the University of Nike, essentially, we get a lot of cool stuff. A lot of new stuff all the time. It's definitely a recruiting tool," Oregon receiver Jeff Maehl said.

For years, football uniforms were fairly standard. Baggy, cloth pants eventually gave way to fitted spandex, and some schools would add a flourish to their jerseys here and there. Notre Dame even broke out green jerseys on occasion. But a fashion revolution along the lines of

ing the amount of material used and adding padding to the fabric itself. It's improved the grip technology on its receiver gloves. But the players want to look good, too.

The more other schools have seen of Oregon's flashy fashions, the more they've clamored for their own unique looks. Ohio State, Oregon State, Alabama, Boise State, Florida, Miami, Pitt, West Virginia, TCU and Virginia Tech all wore specially designed uniforms for one game this year. TCU updated its uniform for the Rose Bowl, and Florida and Boise State got new looks for their bowl games, too.

"That's something that's important to our kids today," Ohio State athletic director Gene Smith said. "So we also saw it as a recruiting opportunity to show we are innovative, we are creative and we can do things differently." (AP)

washingtonpost.com
The BCS title game ended after Express' deadline on Monday night. For results and analysis from columnist Sally Jenkins | washingtonpost.com/sports

what the Fab Five did for basketball? Not until the Ducks went wild.

Just as it has done with apparel in other sports, Nike has improved the functionality of its uniforms over the years by making them more lightweight and breathable, reduc-

TV Lineup

CAPITALS (7:30 P.M., CSN+) Two days after beating Florida at home, the Capitals visit the Panthers.

WIZARDS (7 P.M., CSN) John Wall may get a shot against Tyreke Evans when the Wizards host the Kings.

COLLEGE HOOPS (7 P.M., ESPN, ESPN2; 9 P.M., ESPN) Michigan States hosts Big 10 rival Wisconsin and Texas visits Texas Tech; then Florida visits Tennessee in an SEC battle.

PRO HOCKEY (7:30 P.M., VERSUS) The Buffalo Sabres play host to the Philadelphia Flyers.

Hokies' Williams Runs to the NFL

Hokies Football

Sophomore tailback Ryan Williams is leaving Virginia Tech with two years of eligibility remaining to make himself available for April's NFL draft.

An NFL advisory panel projected him as a first- or second-round draft choice this year, and Williams said the possibility of being a first-round draft pick is "something that's hard to pass up." He says the NFL will give him an opportunity to help his family. "It came down to what I felt like was the best decision for me," he said.

Williams is the second member of the Hokies' three-man tailback rotation to announce he's leaving school to pursue a pro career. Darren Evans made the same decision last week, leaving junior David Wilson as the heir apparent to the starting tailback job next season.

Williams struggled with a hamstring injury this season and missed several games after a record-breaking freshman season in which he rushed for a school-record 1,655 yards and 21 touchdowns. This year, his numbers were modest: 110 carries for 477 yards and nine TDs. (AP)

Poti Gives Caps a Shot in the Arm

Severe allergies don't limit production of veteran defenseman

The Capitals

The spread was nice at the Capitals' annual media day luncheon. Flavorful meat. Fresh veggies. Players, coaches and reporters lounged around various tables, enjoying the food and chatting about hockey.

Over by the window, away from everyone else, sitting a chair at a table with nothing but a drink and nice view, was defenseman Tom Poti. "They asked me if I wanted something," Poti said. "I said don't even worry about it. We're only here for 40 minutes and I can just go home and eat."



It was a rare moment in which Poti's many allergies made him stand out, which is quite remarkable — because he has a lot of them. Everything he eats has to be cooked in separate, clean utensils. It's been this way since he began eating solid food as a toddler, when he would break out in hives and rashes and have other problems at nearly every feeding. "They final-



MANUEL BALCE CENETA/AP

Tom Poti carries an EpiPen everywhere, though his last big scare was eight years ago.

ly ended up taking me to an allergist. I almost died from the testing, it was so bad," Poti said.

The 33-year-old is now a 12-year NHL veteran and an Olympic silver medalist with the 2002 U.S. hockey team. He's proof that even the most sensitive of constitutions can be productive at the most demanding of occupations.

When the team flies to road games, the charter company has a list of all of Poti's allergens. When the players go out to eat at a restaurant in another city, Poti will speak to the chef personally "and make sure he can take care of me."

Here's another way to put Poti's

Poti's No-Nos

The defenseman's allergies are so severe, everything he eats has to be cooked in separate, clean utensils. Here's what's off-limits:

- Nuts
- Chocolate
- Any type of fish
- Anything with MSG in it
- Most spices and sauces

allergies in perspective. Over the last nine months, he's had two scares that are just as worrisome — if not more so — than his food allergies.

"I can have chicken, steak, hamburgers, turkey — it just has to be plain."

— TOM POTI, WHO DOESN'T EVEN COOK WITH OIL OR SPICES AND WON'T USE CONDIMENTS ON SANDWICHES.

Last April 26, he was struck in his right eye by a puck during the playoffs. The impact broke four bones in his face, and he lost sight in the eye for more than 24 hours. He had plastic surgery and his sight recovered enough for him to return for the start of the season. But he still doesn't have 100 percent feeling in his face, and the long-term prognosis for the eye is uncertain.

Then, on Dec. 23, Poti suffered a concussion in the Capitals' overtime loss to Pittsburgh. The constant headaches caused him to miss three games — including the rematch against the Penguins in the Winter Classic — and to take the usual barrage of tests before returning last week.

Again, it made a hamburger without mustard seem trivial.

"With your allergies, usually if you stay away from some things, you're OK," Poti said. "With a concussion, you never know what's going to happen." JOSEPH WHITE (AP)

In Brief

SOCCER

Messi Wins Player of Year



Messi

Lionel Messi's mesmerizing performances for Barcelona outweighed a disappointing World Cup, ensuring the Argentina forward was named the world's best player of 2010. Messi, who amassed 58 goals, won the FIFA award for a second straight year, over Barcelona teammates Andres Iniesta and Xavi Hernandez. (AP)

THE WIZARDS

Howard Injured Again

Wizards swingman Josh Howard will be sidelined at least another week to 10 days with a sore left knee. Howard has missed three games and parts of two others since the knee started acting up again in late December. He tore a ligament in the same knee 11 months ago, had surgery and missed the final 28 games last season and the first 24 this season. (AP)

65

The number of first-place votes received by Duke in remaining the unanimous No. 1 in the AP's latest men's college basketball poll after beating Maryland on Sunday. (AP)

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Guinea Pig | Pre-view

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Class Review

Would-be muggers beware: The next time you've got a gun stuck into someone's back, and that someone responds by saying, "Hey man, whatever you want," you may be in for the most excruciating five seconds of your life. The "victim" will have no choice but to kneel you in the groin, rip the gun out of your hand and bash your skull in. "There's no flight or fight. Just fight," says Bill Grinnell, a massive man who trains people in the art of F.I.G.H.T., the acronym for Fierce Israeli Guerilla Hand-to-Hand Tactics.

What it is: Chances are you've heard of Krav Maga, the Israeli self-defense system that prides itself on providing techniques that are designed for real-life situations, where there are armed criminals and no rules. F.I.G.H.T. is part of Haganah, which is basically Krav Maga's badass brother. The skills are similar — punching, kicking, grappling — but in F.I.G.H.T. you're not just trying to pummel your opponent. Instead, you have a specific "objective": to take him down, inca-



The prop gun in Brill Grinnell's hand makes gun scenarios feel realistic. To practice car jacking defenses, students get into cars.



Be prepared to kick — and be kicked — in some uncomfortable places during class.

pacitate or terminate him. "This teaches you how to walk away from anything," says Steve Bashardost, who opened American Fight Club with Grinnell. It's the only place in the area that offers F.I.G.H.T.

Moves: Don't expect to stand around. Even the basic punching drills are done while stepping forward to imitate dominating a fight. Students frequently pair off to try out various combos that include

roundhouse kicks, headbutts, eye gouges and the ever-popular knee to groin. Grinnell won't allow anyone to merely go through the motions, so when you practice kicking someone in the crotch, you'd better make contact. (Guys, don't forget to wear a cup!) One key thing to remember: Step on your opponent's foot and then shove him back to break his ankle.

Workout: Class starts deceptively gently with a group jog to get the heart rate up, but Grinnell's soon shouting out orders to do 20 squats and 20 push-ups. If he asks you whether you're tired yet, no matter what you answer, he'll have you pump out a set of burpees (do a push up, then leap your legs forward and do a squat jump). "You want your body to be conditioned to take a little punishment," Grinnell said, adding that it's also a good

way to stress the body to recreate how you'd feel in a dangerous situation: "We then ask them to perform when their legs are wobbling and they can't think straight."

Even when the class is deep into fighting drills, Grinnell continues to break up the action with calisthenics. That way the exercises become almost a form of relief from activities like flipping over opponents (or getting flipped over). The result? "I sweat from the top of my head to the bottom of my feet," says 46-year-old John Calhan, who's lost 25 pounds during his two years in the program.


Crowd: The concept behind the Haganah system is you're training like a member of the Israeli Special Forces — parts of the technique even deal with combat shooting. But mostly, F.I.G.H.T. students are regular folks looking for a way to blow off steam. "I'm not a violent guy. But I'm learning things I may need to know while I'm getting into shape," said Tim Froemling, 36, who's now a master of wrestling away the fake guns often used in the practice scenarios.

He's up against classmates who are men and women of all shapes and sizes, including tiny. No one would be intimidated bumping into Edie Cheung in an alley, which is exactly why the diminutive 32-year-old started up with the program two months ago. Physically, she feels stronger than ever, but the mental benefits have been even greater. "I walk around and feel more confident if I'm out by myself," she said. And if you ever hear her say, "Hey man, whatever you want," be very afraid. VICKY HALLETT (EXPRESS)

● F.I.G.H.T. is offered Mondays, Thursdays and Saturdays at American Fight Club (8480-G Tyco Rd., Vienna, Va.; 800-928-5870; Afcva.com). For a limited time, new members can get 31 days of free training.

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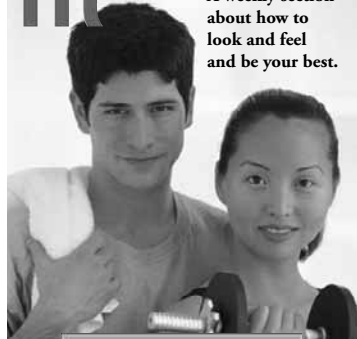
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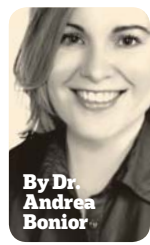


Something Isn't Working Here


Q My boyfriend is always complaining about a woman at work. But one night I went through his phone and saw a new message from her saying she LOVED him. I deleted it and never told him about it. When we met, I realized I'd seen her at several of his family gatherings (weddings, funerals, reunions). When I asked why, he said he invites all of his team members. What really upsets me is that he has never told her we are dating because, he says, he doesn't talk about his personal life at work. **HELP!**

I can't imagine being the least bit comfortable in this relationship. You were snooping through his phone, which is far from small potatoes. At the same time, you've still got the following conundrum: He refuses to talk about his girlfriend's existence to his coworkers because of some supposed personal/professional boundary, and yet he invites his coworkers to family weddings.

Hmm. Clearly, this uber-convenient setup reeks of ulterior motives. Have it all out with him — including your admitted misstep of checking his phone. You can't settle for less than full honesty at this point.



By Dr. Andrea Bonior



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

How Do I Help a Sucker?

Q How can I stop a dear friend from making horrendous financial choices? She's always buying into some scheme that eats up her entire savings account. She expects me to get all excited for her every time something new comes up, and instead, I'm just exasperated. **UGH!**

As hard as it may be to sit her down and tell her she's making horrible choices, you can at least do her the favor of not getting excited for the latest milestone in her path toward total financial ruin. Gently remind her of how the last scheme went down, and tell her that you're concerned.

You'll need to be careful not to make her feel that you think she's stupid, but friends don't let

friends get continually scammed. You might also consider gifting her with some sound financial books (Hint: Just like with a medical school, "Quick" or "Easy" should not be in the title) or — perhaps with some other friends' help — a session with a recommended and ethical financial adviser.

But when the next scheme comes along, don't buy in — literally or figuratively.

Event Horizon

Mondo Expo

Tired of the cold weather? You'll definitely warm up at the NBC4 Health and Fitness Expo (Nbcwashington.com), 9 a.m. to 5 p.m. this Saturday and Sunday at the Walter E. Washington Convention Center. Come on by to see tons of celeb guests (including Grizz Chapman of "30 Rock," several "Biggest Loser" contestants and chef Spike Mendelsohn), and take advantage of an endless schedule of exercise demos, giveaways and health assessments.

phys ed **fit**

It Takes Two To 'Slimdown'

Nutritionist Joy Bauer teaches viewers how to get moving and change their diets

Interview

Most people think of trying to lose weight as one New Year's resolution. But really, it's two: Move

more and eat better. So although Joy Bauer is the resident nutrition expert on NBC's "Today" show, she's making sure to cover both bases on her new DVD,

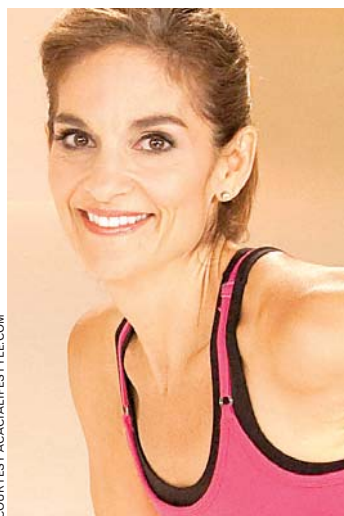
"Joy Bauer's Slimdown Workout" (\$16.99, Acacialifestyle.com).

"Eating smart and exercising — the two together are unstoppable," said Bauer, a former gymnast and aerobics instructor who still appreciates the power of sweat. "It's great for mood, boosting immunity and in terms of weight control."

And to make sure that the two 20-minute exercise segments on her DVD accomplish that last part, she and co-host Lisa Wheeler combine cardio and strength moves to blast more calories.

But they're generous with modifications for beginners, and they lighten the mood with dance steps like the grape vine boogie (the classic '80s move made better with chorus girl arm gestures). "I never wanted people to view this as torturous," Bauer explained.

She takes the same view when it comes to diet. Bauer wouldn't dream of telling anyone to give up chocolate, wine and coffee — "It would be hypocritical!" — or their favorite comfort foods. But she does think recipes could use a tweak or two. So, her family's weakness is mac and cheese, but with whole-wheat pasta and low-fat cheese, it's OK to indulge sometimes.



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"If you know your motivation, you can make it happen," said Joy Bauer.

The DVD features her top tips for losing weight, including some simple changes to institute at dinner-time. Start the meal off with a tossed vegetable salad (it'll make you less hungry for the main course), slow down the pace of your eating (so you give your body enough time to recognize when it's full) and don't put out potatoes, bread and rice (which most folks tend to overeat).

One common pitfall on the road to weight loss is the belief that exercise is an excuse to eat anything. So if you're feeling peckish after a workout, Bauer suggests you start by drinking more water, since you may actually be thirsty.

"If you're still hungry after that, have a snack that's between 100 and 200 calories. You don't want to undo what you did at the gym," said Bauer, who also devotes a segment of the DVD to smart snacking. Low-fat popcorn, non-fat plain yogurt (perhaps mixed with pumpkin puree) or some crudite should do the trick. "No one ever mucked up their plans eating vegetables," she said. "You just might get a little gassy and toot more."

All the more reason to do her workout in the privacy of your own home. VICKY HALLETT (EXPRESS)

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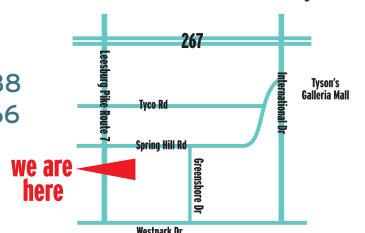
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Gaining Weight To Win It

Routines

It's hard not to be jealous of Stephanie Williams. It's not just that she's a med student at GW who's so gorgeous that she's the reigning Miss D.C. It's that to prepare for this weekend's Miss America Pageant, her job was to GAIN weight.

"I figured, no problem. I'll eat some Big Macs," said Williams. "But it's not that easy." That's because personal trainer Heather Cohen (Hautefitness.com) was determined to help the skinny Williams gain enough muscle to really rock the swimsuit competition.

Since Williams has never been a gym goer, Cohen's job wasn't easy either. "I had to start from scratch, pretty much learning what a bicep curl was," said Williams, who soon became familiar with the move and several variations. The strategy was to lift heavy and often. Working muscle groups to failure with 20-pound dumbbells is as much of a mental challenge as a physical one. "She definitely cried," Cohen said.

There may have also been tears the first time Williams tried to choke down her daily protein shake too. But with enough peanut butter, she got used to the ritual. And the whole routine helped her build more than 10 pounds of muscle, which means she's plenty ready for Saturday — and the rest of her life. "I intend to keep doing it," Williams said. **v.h.**

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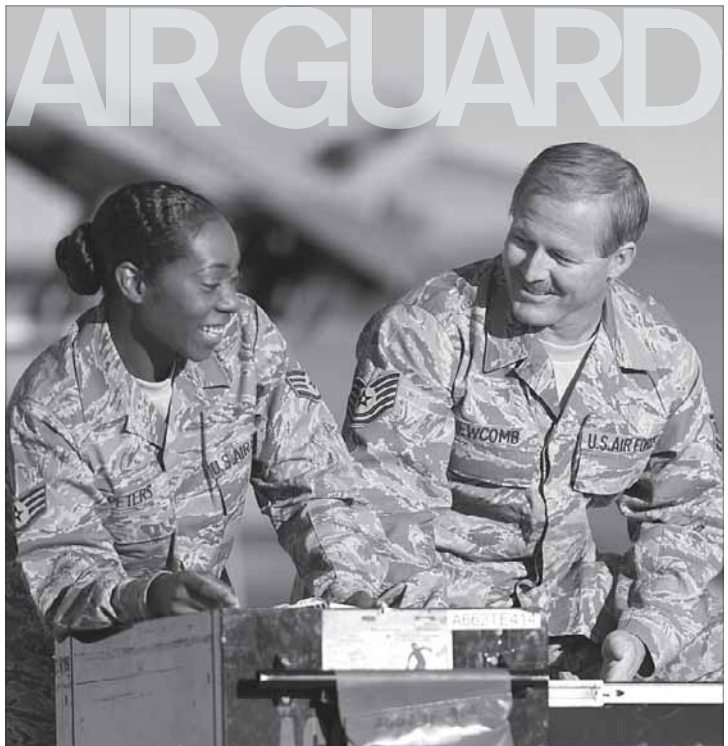
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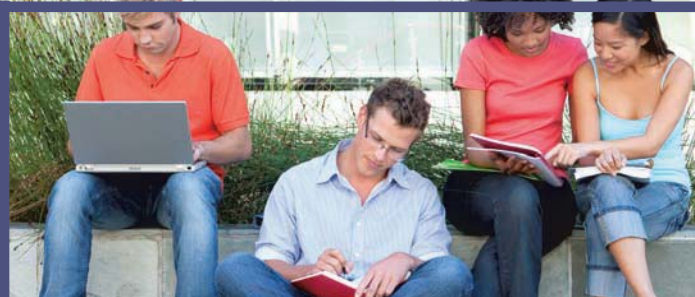


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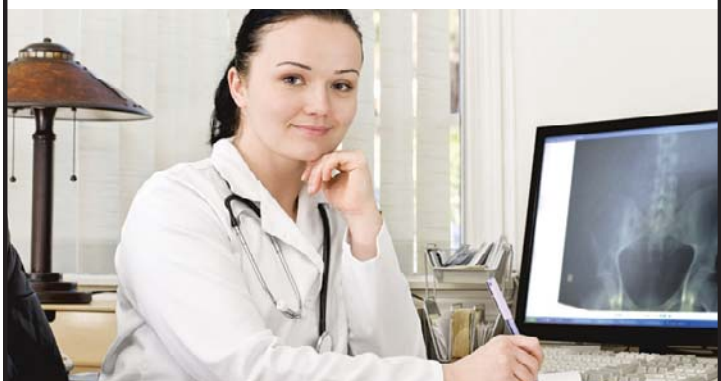
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On the Mend
Michael Douglas's tumor is gone, cancer may be beat **39**

Sound Bets



Under the Radar

Dischord's last three records feature music that's at least 25 years old. That's not surprising since the stalwart D.C. label has mostly reworked its back catalog in recent years, but these Dischord albums are special because most of the music was never available officially. Dag Nasty's "Dag With Shawn" and Government Issue's "Boycott Stabb Complete Session" have earned a lot of press, but Artificial Peace's "Complete Session, November '81" has slipped under the radar — much like the band itself.

As with so many D.C. hardcore groups, Artificial Peace was around for a short time (one year), released a few songs — three on 1981's epochal "Flex Your Head" compilation; a split 7-inch that inaugurated the Fountain of Youth label — then broke up, with three members forming Marginal Man. There are 17 tracks on "Complete Session," with 14 having never seen a record player — and the awful cover of "Wild Thing" never should have. But Artificial Peace's other ragers capture the tumultuous essence of what helped make D.C. punk a worldwide phenomenon: short, sharp songs that exude angry darkness in an era filled with it.

@ Comments? Give Christopher your feedback: expressnightout.com/soundbets



Dame Maggie Smith, left, plays Violet Crawley, the manipulative dowager countess of the Downton Abbey estate in the "Masterpiece Classic"-branded mini-series.

Head of the Class



British import 'Downton Abbey' explores the end of an era in this drolly addictive period piece

Television

There are many tempting nooks and crannies in which to get lost in Downton Abbey — a sprawling, fictional, English country estate on the brink of early 20th-century change in PBS's imported miniseries "Downton Abbey," which began a splendid four-week run Sunday night. This is the kind of show for which you'll want to get a mild case of the flu. Prepare your Ikea fainting settee and the DVR; you'll need blankets, tea and shortbread cookies. Hours later, you'll still be speaking with the accent, until someone tells you to knock it off. "Downton Abbey" is a flawlessly made, drolly addictive show that was a big hit in Britain last year (it has been renewed for a second season) and now it's here - with just about everything that British or American audiences could want in a mannered, Edwardian, "Upstairs/Downstairs"-style period piece. Fans of such fare haven't been this well tended to since Robert Altman's 2001 film, "Gosford Park." In fact, the similarities are plain: "Downton Abbey" was created by Julian Fellowes, who wrote the screenplay for "Gosford Park."

Imports

Over in Britain, some fuss has been made about the fact that "Downton Abbey" has been whittled down for its U.S. broadcast, from roughly eight hours to six. (Here, "Downton Abbey" will air 90-minute episodes.) On its journey across the pond, the series reportedly shed several scenes and dialogue about entrails. No matter, as "Downton Abbey" moves along at a nice clip. (TWP)

But "Downton Abbey" is also crisper, more efficient and at times more melodramatic, as it delves into the lives of the Crawley family — who've occupied Downton Abbey for centuries — and its many servants. The series is naturally an exploration of class, but it's also a paean to a way of life that simply couldn't sustain itself, as everyone in the mansion begins to sense the

"Downton Abbey" will transfix viewers with a lifestyle that has proved to have limitless appeal.

coming end of a very long era. The series asks us to mourn this loss of class distinctions while celebrating its demise as necessary to modern social evolution. "Downton Abbey" will transfix viewers with a story, a feeling, a lifestyle that has proved to have limitless appeal. **HANK STUEVER** (THE WASHINGTON POST)



Hef Keeps His Bunnies: The publisher of Playboy magazine has agreed to a sweetened offer by founder Hugh Hefner to take the company private. By leading a buyout valued at \$207 million, Hef is betting on Playboy's continued transformation from a publishing and TV business into a "brand management" company, leaning more on revenue from licensing out the Playboy name and bunny ears for a wide range of products. (AP)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com **lookout**

top
stops



1 Objects d'Art
Victoria F. Gaitan's disturbing still life photos, exhibited in "Sweet-Meat Cherry-Whip Flip," position human beings in still lifes as objects — "meat puppets," as the website so appetizingly calls them. It's gruesome, but the work raises all sorts of questions about intimacy, distance and the nature of art. **Artisphere, 1101 Wilson Blvd., Arlington, VA; through March 12, free; 703-875-1100, Arlingtonarts.org (Rosslyn)**

2 The Beauty Of Rejection
National Geographic's photographers, of course, have to take far more pictures for their stories than ever make it into the magazine. The museum is currently showing the unpublished work of 12 regular contributors, and four of them (Lynsey Addario, Jim Richardson, Fritz Hoffmann and Lynn Johnson) will be on hand to talk about the editing and selection process tonight. **National Geographic, 1600 M St. NW; 7:30 p.m., \$18; 202-857-7700, Events.nationalgeographic.com. (Dupont Circle)**

3 Don't Eat That
Strolling through a garden in January? Yeah, sounds less than appealing — except this walking



tour of the Botanic Garden's poisonous and medicinal plants could save your life, assuming your life consists largely of wandering around in the wilderness and eating the scenery. If your spouse is a horticulturist and has recently taken out a few life insurance policies on you, this event is an absolute must. **U.S. Botanic Garden, 100 Maryland Ave. SW; noon, free; 202-225-8333, Usbg.gov. (Federal Center)**

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Banjo Pickin' From the Heart

Abigail Washburn eschews bluegrass traditions on new CD

Q and A

Banjo player and old-time music maker Abigail Washburn was born in Illinois and lives in Nashville, but came of age musically in the D.C. area. Washburn, whose second full-length solo CD "City of Refuge" drops Jan. 11, spent her third through 13th years in Gaithersburg.

Although she didn't pick up the banjo until college, she learned she could sing after joining the Watkins Mill Elementary School choir. "I remember Mrs. Garcia was my teacher at Watkins Middle," she says. "We performed on the Mall

downtown during the holidays." Express discussed the personal nature of the new album with Washburn by phone during a tour stop in Arizona.

"I just went to a deeper place with it in terms of the emotional side of music for me."

"City of Refuge" is less old-timey and more modern. Why the shift?

I was looking to make a record that was more a soundscape rather than traditional. In bluegrass, there's the verse, chorus, verse, bridge, solo structure and I really didn't want to go with that idea in mind.



JOSHUA BLACKWILKINS

Banjo player Abigail Washburn lists her husband, Béla Fleck, as a major influence.

How personal is this album?

Even though I love cerebral stuff and I love communicating through cerebral ideas, this album is hugely about just the goings on in my heart. I just went to a deeper place with it in terms of the emotional side of music for me.

What are some classic banjo records that people should hear?

I would say Earl Scruggs' "Foggy

Mountain Breakdown." That would be number one if you're talking about bluegrass banjo. Then for old-time banjo, there's Doc Watson's solo version of "Shady Grove."

There's also my husband, Béla Fleck — I've been learning from him for years. A great thing by him would be his "Djorolen" on the "Throw Down Your Heart — Africa Sessions Part 2" album.

TONY SCLAFANI

'Wicked' TV Special In Works

Television

ABC is developing an eight-hour miniseries adaptation of "Wicked" with actress Salma Hayek. The project is in the early stages of



Hayek

development, so it's unclear whether Hayek will also appear in the production.

The miniseries genre is all but dead on broadcast

television. But ABC has kept it alive with periodic projects including "A Raisin in the Sun" with Sean Combs and Phylicia Rashad.

Hayek's "Wicked" will be based on Gregory Maguire's bestseller "Wicked: The Life and Times of the Wicked Witch of the West," which spawned the popular Broadway musical. But the miniseries will not be a musical, sources said. Hayek had previously produced "Ugly Betty" for ABC. (THE HOLLYWOOD REPORTER)



LOL Awards MTV and Comedy Central will launch the inaugural Comedy Awards on March 26, giving comedy its own version of an Academy Awards-style celebration. The two-hour awards show, taped in New York, will premiere on Sunday, April 10. The idea behind the awards is to honor and celebrate the world of comedy, including the year's best actors, films, TV series, standup and digital content. (THE HOLLYWOOD REPORTER)

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TV tonight **lookout**

Mounting a Comeback

FX dusts off sports mythology with new drama 'Lights Out'

Boxing

FX 10:00 The "Rocky" franchise has been called a lot of things, but no one has accused it of nuance. "Lights Out" reimagines the post-career worries of a washed-up palooka and ladles on a heap of class-related complications and recession-era headaches to boot.

Holt McCallany stars as Patrick "Lights Out" Leary, a former heavyweight who came one round short of a title and gave up the game after his nurse wife Theresa made him an offer he couldn't refuse: Fight again, and I'll leave you. Five years have passed, Theresa has finished medical school, and his kids have grown up in a McMansion and become prone to all of the social ills a posh private school can provide.



Hold McCallany stars as a former boxer at a crossroads in FX's "Lights Out."

Not only is Lights stumbling through a waking nightmare; his adviser brother Johnny appears to have made one bad investment too many. Five years after having been "set up for life," it looks as if Lights has to choose between a lucrative rematch that may kill him and ruin his marriage or act as a "bill collector" for unsavory characters.

Nicely acted and superbly shot,

"Lights Out" takes its time getting started.

Just as FX's "Justified" takes a stab at reinventing the Western, "Lights Out" seems shrouded in dusty sports mythology. The notion of the comeback by the great white heavyweight seems antique. And it wasn't exactly fresh when Sylvester Stallone dreamed up "Rocky" 35 years ago. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

Best Bets

ABC 9:00

V Anna and Diana face off in the bowels of the mother ship, where Diana has been for 15 years without once seeing her daughter. Erica has Tyler's blood tested and discovers that the Visitors did something sinister to her while she was pregnant.

CBS 10:00



The Good Wife When a client's son and girlfriend are both accused of murder, Alicia (Juliana Margulies, left, with Josh Charles) is conflicted about the need to turn the young man against the woman he loves.

NBC 10:00

Parenthood The arrival of a new supervisor at work has Peter concerned about his job. Kristina intervenes when Haddie seeks comfort from Amber over her parents' refusal to accept her decision. Crosby coordinates a show at Jabbar's school.

COM 10:00

Tosh.0 Daniel Tosh returns for another season of hosting this smart (and very popular) series that lampoons viral videos, blogs, websites and technologies. **(TRIBUNE MEDIA)**



Fake News



Enter the 'Dome'

You know how "The Daily Show With Jon Stewart" used to introduce itself as "the most important television program ever"? Well, meet the sports equivalent, as tongue-in-cheek hosts Mark Shepard and Alex Reiser (above) host 'The Onion Sports Dome' (10:30 p.m., COM), a review of some of the overhyped sports coverage on the tube. **(TRIBUNE MEDIA)**

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Poll Center

Today's Question

IS TOM DELAY'S THREE-YEAR SENTENCE FOR MONEY-LAUNDERING APPROPRIATE?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

SHOULD THE U.S. SECRET SERVICE PROTECT ALL MEMBERS OF CONGRESS?



"When you consider how many members of Congress have actually been the targets of violence compared to how many have served, the percentage is very small. And the cost would be astronomical!"

AN ANONYMOUS COMMENTER

"If they don't, they need to get someone who will. There are too many wackos out there who think they are on a mission of some sort. All of the inflammatory language only makes it worse."

COMMENTER CARL

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



"Whereas 'Heroes' was riddled with subplot and story arcs that often left its viewers confused as each season become more convoluted, 'The Cape' starts off without much in the way of subplots. [It] simply puts you face to face with a normal man with some tricks and a really cool cape and his vendetta against a corrupt organization who framed him and cost him his family and life."

— **DRAGONBLOGGER.COM** THINKS NBC'S NEWEST SUPER-HERO SHOW'S SIMPLE STORYLINE GIVES IT A DECENT SHOT AT SUCCESS.

"Nothing screams 3-D like a tragic love story set against the backdrop of Long Island in the swingin' '20s. At least that's the way filmmaker Baz Luhrmann sees it."

— **MOVIESBLOG.MTV.COM** IS SKEPTICAL OF WHAT THE WRITER-DIRECTOR PLANS TO DO WITH HIS ADAPTATION OF "THE GREAT GATSBY," AFTER LUHRMANN ANNOUNCED HE WOULD USE 3-D TO CREATE "POETIC CINEMA."



Blog Log



"We were surprised that the Chevy Volt [took] the 2011 North American Car of the Year [award], as the green vehicle has only been on the market about a month. GM will certainly not be complaining."

— **PRODUCT-REVIEWS.NET** REACTS TO THE NEWS ANNOUNCED AT THE DETROIT AUTO SHOW ON MONDAY.

"AT&T should shut up. I still can't use my iPhone in parts of San Francisco and at CES — AT&T was nearly unusable. AT&T has absolutely NO credibility to bash its competitors. It has, simply, provided horrible service over the past three years and I'll be very happy to leave it, even if top-end speeds are slower."

— **SCOBLEIZER.COM** OBJECTED TO THE IPHONE CARRIER'S UNKIND WORDS TOWARD VERIZON, WHICH REPORTEDLY WILL BE CARRYING THE APPLE SMARTPHONE SOON. AT&T'S LARRY SOLOMON SAID VERIZON'S TECHNOLOGY WOULD LEAVE ITS CUSTOMERS WITH "LIFE IN THE SLOW LANE."

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puzzles lookout

Horoscope

CAPRICORN (Dec. 22-Jan. 19)

Even the slightest environmental change is likely to have a palpable effect on your day; be ready to try something new.

AQUARIUS (Jan. 20-Feb. 18)

Focus on doing something nice for others; it needn't be too difficult or time-consuming, but it must be genuine.

PISCES (Feb. 19-March 20) The better care you take of yourself, the better you can take care of those in need when the time comes — and that time may come soon.

ARIES (March 21-April 19) You may have to adjust your thinking to accommodate one or two unusual ideas that come your way very much by surprise.

TAURUS (April 20-May 20) Your own private study is likely to reveal that, for the time being, others aren't likely to be as acquiescent as you had hoped.

GEMINI (May 21-June 20) It's not likely to be easy getting others to bend to your will, but it can be done. Be persuasive, not overly forceful.

CANCER (June 21-July 22)

What appears before you — either literally or figuratively — is surely something you must deal with immediately. Be ready.

LEO (July 23-Aug. 22) Preparations must be complete before you put a new project into motion. However you may have to wait through one or two necessary delays.

VIRGO (Aug. 23-Sept. 22) A change of scenery can work wonders for you as you struggle to kick-start your rather sluggish imagination.

LIBRA (Sept. 23-Oct. 22) You needn't speak volumes when one or two choice words get the message across. It's important to be economical and efficient.

SCORPIO (Oct. 23-Nov. 21) There's no telling which doors will open for you, or which that are opened have been concealing dangers. Be brave.

SAGITTARIUS (Nov. 22-Dec. 21)

Trading compliments may be just a matter of courtesy to some, but if you say something nice to someone, you mean it.

Scrabble Grams

PAR SCORE 155-165, BEST SCORE 241

E ₁	I ₁	H ₄	D ₂	S ₁	R ₁	V ₄

1st Letter Double

RACK 1

A ₁	E ₁	E ₁	G ₂	F ₄	B ₃	D ₂

RACK 2

A ₁	E ₁	O ₁	X ₈	R ₁	B ₃	H ₄

RACK 3

A ₁	E ₁	E ₁	C ₃	M ₃	D ₂	V ₄

Triple Word Score

RACK 4

Yesterday's Solution

C ₃	A ₁	P ₃	R ₁	I ₁	C ₃	E ₁	RACK 1 =	63
K ₅	A ₁	I ₁	S ₁	E ₁	R ₁		RACK 2 =	20
E ₁	X ₈	P ₃	L ₁	O ₁	D ₂	E ₁	RACK 3 =	67
B ₃	A ₁	T ₁	G ₂	I ₁	R ₁	L ₁	RACK 4 =	70
PAR SCORE 160-170								TOTAL 220

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

4	6			2		1		
2				6				8
		8			1	2		
	4	2	1	5				
				8	3	7	6	
		3	4			1		
9				1				5
	8		6			4		3

Yesterday's Solution

7	1	2	5	4	3	6	8	9
9	5	4	1	8	6	3	2	7
6	3	8	2	9	7	1	4	5
4	6	7	3	1	2	9	5	8
1	2	9	6	5	8	4	7	3
5	8	3	4	7	9	2	1	6
8	7	1	9	3	4	5	6	2
2	9	5	7	6	1	8	3	4
3	4	6	8	2	5	7	9	1

Need more Sudoku?
Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



32 | 25

Today: A bit of snow with little or no accumulation today. Snow tonight.



39 | 21

Tomorrow: Windy tomorrow with some sun returning. Partly cloudy tomorrow night.

Looking Ahead



THU

33 | 21



FRI

32 | 21



SAT

36 | 27

Sun and Moon

Sunrise today: 7:27 a.m.
Sunset today: 5:06 p.m.
Moonrise today: 10:50 a.m.
Moonset today: none

Almanac

Normal high: 42
Record high: 70
Normal low: 27
Record low: -3

FORECAST BY ACCUWEATHER.COM ©2009

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lookout puzzles

Crossword

MAKE A CONNECTION

ACROSS

- 1 Geography class feature
- 6 Alternative to FedEx
- 9 Crane or heron
- 14 Was enamored with
- 15 Hindu title of respect
- 16 Athenian meeting place
- 17 Marks in ancient manuscripts
- 18 Costa del ____
- 19 Bananas or nuts
- 20 Verbatim
- 23 Carnival site
- 24 Purpose
- 25 Take up
- 27 Bagel enhancers
- 32 Snack with a creamy middle
- 33 When doubled, a lively dance
- 34 Coral, for one
- 36 At the end of one's patience
- 39 Absolutely the best
- 41 Sans cordiality
- 43 Kewpie, for one
- 44 "Wink, wink" gesture
- 46 Some responses
- 48 Frequent visitor to the Beatles' sessions
- 49 Two-syllable foot
- 51 Donkey follower
- 53 Smallish ballpark
- 56 Lemon head?
- 57 Ordinal ending
- 58 Extremely long time
- 64 Some sources of milk
- 66 One of the Bobbseys
- 67 Poetry Muse
- 68 Kournikova and Karenina
- 69 Frequently, poetically
- 70 Like kings and queens
- 71 ____ Ruxpin (toy bear)
- 72 Woman's bio word
- 73 Like uncirculated air

DOWN

- 1 Luminesce
- 2 Albuquerque student
- 3 "Your turn," in radio lingo
- 4 Old hag

1	2	3	4	5		6	7	8		9	10	11	12	13
14						15				16				
17						18				19				
20					21				22			23		
			24					25			26			
27	28	29				30	31		32					
33				34				35		36			37	38
39			40		41				42		43			
44				45		46				47		48		
			49			50		51			52			
53	54					55			56					
57				58			59	60				61	62	63
64				65		66				67				
68						69				70				
71						72				73				

EDITED BY TIMOTHY E. PARKER

- 5 Enlightens
- 6 Ex-superpower letters
- 7 Front of a ship
- 8 Towers over the field?
- 9 Hotel that lent its name to a salad
- 10 In days past
- 11 How some selling is done
- 12 Bert's exasperating pal
- 13 Ersatz silk
- 21 Certain Arabian Peninsula native
- 22 Greek letter
- 26 Clarinet accessory
- 27 Check out groceries, in a way
- 28 Dynasty of Confucius

- and Lao-tzu
- 29 How honeymooners walk
- 30 A bit daring
- 31 Did half a biathlon
- 35 Word in an ultimatum
- 37 Elbow-wrist connecting bone
- 38 Story line
- 40 "Heavens!"
- 42 Middle Eastern country on the Red Sea
- 45 Political asylum site
- 47 Fuses
- 50 Spongy ground
- 52 Bordeaux wine
- 53 Sired, in the Bible
- 54 Be penitent
- 55 Colorless gas
- 59 Bank sight

- 60 Feed the kitty a penny?
- 61 Infatuated with (with "over")
- 62 And others, for short
- 63 Certain Dover fish
- 65 Young Lincoln

Yesterday's Solution



2	F	A	T	S	O			8	T	A	B		16	M	A	L	T		
1	A	G	A	I	N			11	R	I	S	E		15	O	P	A	H	
3	C	H	I	N	T		14	Z	I	E	S	T		17	U	N	D	O	
5	T	A	L	K	I	E		21	R	A	T		22	T	E	E	S		
							23	M	A	D		24	M	E	T	H	A	N	E
7	R	E	H	E	E														
9	O	B	E	Y															
13	W	O	R	E															
15	S	N	A	G															
17	L	A	C																
19	M	A	T																
21	U	F	O	S															
23	T	I	P	S															
25	E	R	I	E															
27	S	E	C	S															

Today in History

49 B.C. Roman emperor Julius Caesar crosses the Rubicon river in the war against Pompeii.

1973 Owners of American League baseball teams vote to adopt the designated-hitter rule on a trial basis.

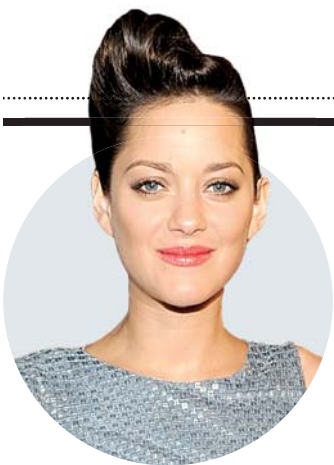
1986 L. Douglas Wilder becomes Lt. Governor of Virginia, making him the first African-American sworn in as a Southern state official since the Civil War.



Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

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**TRUST US IT'S FUNNY****Comment j'ai perdue le poids de ma grossesse!**

Marion Cotillard is pregnant, says a spokeswoman. The baby will be the first child for Cotillard and her boyfriend of three years, actor-director Guillaume Canet. The 35-year-old French actress and Canet worked together on the 2003 French film "Love Me if You Dare." Cotillard won an Oscar for her portrayal of Edith Piaf in "La Vie en Rose." (AP)



Gaze deep into her eyes and feel your standards for quality TV plummet.

WE ARE BAFFLED**She Beat Betty White and Neil Patrick Harris? HOW?**

Demi Lovato thanked her fans for giving her the Favorite TV Guest Star (for a role in "Grey's Anatomy") trophy at the People's Choice Awards, which she did not attend due to rehab. "I want to make sure my fans know how thankful I am for all their love, support and prayers during this difficult time," she wrote on Facebook. (EXPRESS)



CHRISTOPHER POLK/GETTY IMAGES

Michael Douglas says that his tumor is gone and, odds are, he's beaten throat cancer.

HEALING**All May Rejoice**

Michael Douglas says his tumor is gone and that he may have beaten throat cancer. In an interview with Matt Lauer to air Tuesday on the "Today" show, Douglas said he felt relieved after a "wild, six-month ride" and that the odds are he's beaten the disease. The 66-year-old actor noted that he had lost 32 pounds, but was now working out and had put 12 pounds back on. (AP)

Dirtbag Digest**An Excellent Question**

An ex-boyfriend of Jenni "J-WOWW" Farley says claims that he took nude pics of her while she was under anesthesia are false. "What a joke!" he told Radaronline.com. "How are you under anesthesia when you are standing up posing for the pictures?" (EXPRESS)

**LIES****'Mass-Market Butt-Toning Shoes Are So My Thing Now'**

Kim Kardashian will appear in a commercial for Skechers during the Super Bowl. "I can finally reveal that the top-secret commercial I've been working on recently is my Skechers ShapeUps Super Bowl ad!!" she wrote on her website. "I have to break someone's heart in the end. You'll have to wait and see why!" (EXPRESS)



"It's very nice to be part of something that's been received well, although it just kind of sets you up for disappointment later in life."

— JESSIE EISENBERG SUGGESTS TO PEOPLE.COM THAT HE'S PEAKED AT AGE 27.

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The Orange and Blue Lines between Rosslyn and Farragut West stations will be closed from 10 p.m. Friday, January 14 until 5 a.m. Tuesday, January 18.

Foggy Bottom-GWU station will also be closed.

In addition, expect some delays as trains share one track on portions of the Red, Blue and Orange Lines to perform work related to NTSB recommendations, cell phone coverage and other safety and reliability improvements. For more information about this important work, please visit MetroOpensDoors.com or call 202-637-7000.

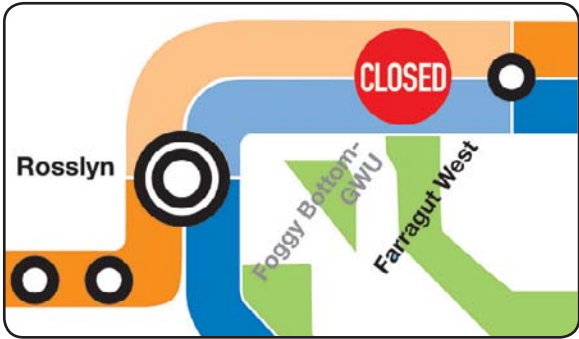
Station and track closing

From 10 p.m. Friday, January 14 until 5 a.m. Tuesday, January 18, Metro crews will replace four track switches at Foggy Bottom-GWU station to comply with National Transportation Safety Board recommendations. Crews will also begin replacing escalators and elevators and improving cell phone coverage in the area.

- Foggy Bottom-GWU station — as well as the Orange and Blue lines between Rosslyn and Farragut West stations — will be closed.
- Both entrances to Farragut West station will be open all weekend.
- There will be free shuttle bus service between Rosslyn and Farragut West stations with a stop at Foggy Bottom-GWU station approximately every 10 minutes.
- 🚌 At Rosslyn station, the bus stop will be on Moore Street near the station entrance.
- 🚌 At Foggy Bottom-GWU station, the bus stop will be on 23rd Street, south of G Street. Northbound buses to Farragut West station. Southbound buses to Rosslyn station.
- 🚌 At Farragut West station, there will be two bus stops on Eye Street, one between 16th and 17th streets and one at 18th Street. (The station's elevator is located at the 18th Street entrance.)

Signs will direct you to the shuttle bus stops.

If you plan to use Metrorail through the work area, please add 40 minutes to your trip time.



Take the Yellow Line to avoid the work zone.

If you're coming into the city from Virginia to a destination on the Blue Line, consider taking the Yellow Line and transferring to the Blue Line at L'Enfant Plaza station. Metro will increase service on the Yellow Line from 10 a.m. to 6 p.m. on Saturday and Sunday, and from 7 a.m. to 6 p.m. on Monday.

Single-tracking

Over this weekend, Metro will also perform work on several sections of track throughout the Metrorail system. This work will require trains to share one track in the following areas and could increase your trip time by up to 20 minutes.

- On the Orange Line between East Falls Church and West Falls Church stations. Trains will share one track to allow for major construction activities for the Dulles Corridor Metrorail Project.
- On the Red Line between Van Ness-UDC and Friendship Heights stations. Trains will share one track to allow for the repair of tunnel leaks and installation of new bumpy tiles on the Tenleytown station platform.
- On the Red Line between New York Ave-Florida Ave-Gallaudet U and Rhode Island Ave-Brentwood stations. Trains will share one track to allow for ongoing rehabilitation of the Red Line.
- On the Blue Line between Van Dorn and Braddock Rd stations. Trains will share one track to allow for maintenance work related to the Wilson Bridge Project.

